

News Briefs


**ASIST**  
Applied Suicide Intervention Skills Training is from 7:30 a.m. to 4:30 p.m. Wednesday and Thursday at the chapel annex. To sign up or for more information, call Airman Jamil Fitts at Ext. 2239 or Ext. 1239.

**COSC social**  
A Columbus Officers' Spouses' Club Halloween bingo social is at 6 p.m. Oct. 10 at the Columbus Club. The menu includes chicken fajitas with warm, flour tortillas, beef taquitos, refried beans, Mexican rice, key lime squares, water, tea and coffee. Cost is \$11 per person, and club remembers received a \$2 discount. For reservations, contact Felicia Boudreaux at jandt.boudreaux@gvec.net or (985) 590-3888.

**Rescheduled orientation**  
The Wing Newcomers Orientation, originally scheduled for Thursday, has been cancelled due to an official function. The next orientation is from 7:30 to 11 a.m. Oct. 26.

**AIB store closure**  
The Alabama Industries for the Blind (AIB) supply center, located in Building 158, will close for annual inventory Oct. 2 through Oct. 6. Sales will resume Oct. 10. Provisions can be made for emergency procurements during the inventory. For questions or more information, call Columbus AFB AIB store manager Mary Callahand at Ext. 2401.

Inside



FEATURE

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Suicide prevention:  
What to do when  
you suspect someone  
is at risk

COLUMBUS AFB TRAINING TIMELINE									
PHASE II				PHASE III				WING SORTIE BOARD	
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required
37th (07-08)	2.68 days	0.60 days	Sept. 26	48th (06-15)	0.23 days	-2.24 days	Sept. 29	T-37B	1,883
41st (07-09)	0.43 days	-0.55 days	Oct. 19	50th (06-15)	5.23 days	0.53 days	Sept. 29	T-1A	717
								T-38C	707
									Flown
									32,281
									1,655
									660
									736
									13,145
									14,111
Graduation speaker: Gen. Paul V. Hester, Pacific Air Forces commander									

New Era



Airman 1st Class Danielle Powell

Maj. Phil Stoll, 43rd Flying Training Squadron, and Maj. Dave Hauck, 41st Flying Training Squadron, prepare for a T-6A Texan II proficiency sortie Tuesday. Two T-6s from Laughlin AFB, Texas, spent the week here for 14th Operations Group T-6 instructor proficiency flights.

PACAF commander to visit CAFB

The BLAZE Team will welcome Gen. Paul V. Hester to Columbus AFB with an Order of Daedalians no-host buffet dinner Sept. 27 at the Columbus Club.

General Hester is the Pacific Air Forces commander at Hickam AFB, Hawaii, and the distinguished speaker for Specialized Undergraduate Pilot Training Class 06-15's graduation Sept. 22.

The no-host dinner for General Hester will begin with a social hour at 6 p.m. and meal at 7 p.m. Cost is \$15 at the door. The dress code is uniform of the day for military members and business casual for civilians. Those interested in attending must call Ext. 7551 by 4:30 p.m. Monday.

A 1965 graduate of West Point High School, General Hester is currently responsible for Air Force activities across half the globe and a command that supports 55,500 Air Force personnel principally in Hawaii, Alaska, Guam, Japan and South Korea.

He graduated with a Master of Arts degree from the University of Mississippi in 1970 and was commissioned in the Air Force through the Reserve Officer Training Corps program.

General Hester graduated from pilot training at Columbus AFB in 1971 and is now a command pilot and combat veteran with more than 2,900 hours in seven different aircraft and 200 combat hours. (Courtesy of the 14th Flying Training Wing Public Affairs Office)

Committed to memory



Senior Airmen Remy Martin, 14th Flying Training Wing, and Nathan Barr, 14th Civil Engineer Squadron, present the POW/MIA flag during a remembrance retreat ceremony Sept. 15 in front of the wing headquarters building. The Columbus AFB Honor Guard continuously seeks motivated and dedicated Airmen to conduct military ceremonies, and render honors to Air Force personnel and their families. Call Master Sgt. Shelli Fisher at Ext. 7004 for more information about the Columbus AFB Honor Guard program.

Penn State offers free web-based certificate for military personnel

The Penn State Fayette Eberly Campus offers its web-based non-lethal weapons certificate at no cost to all military members.

This material is based on work supported by the Department of Defense Joint Non-lethal Weapons Directorate in Quantico, Va., who oversees the development and delivery of the course.

The Penn State certificate serves as a familiarization or refresher program on non-lethal weapons operation, and provides in-depth knowledge regarding the appropriate use of these weapons within the context of military operations. The certificate consists of seven non-credit modules about theory, kinetics, riot control agents, maritime and land vehicle stoppers, advanced and emerging technologies, public order and decision making. Students will be awarded on Continuing Education Unit (CEU) for every 10 hours of instruction. A total of 6.2 CEUs will be awarded upon completion of all seven modules.

Active-duty U.S. servicemembers and reservists stationed around the world are qualified to register for the free certificate. For more information about the program or to obtain a registration form, contact Penn State's Center for Community and Public Safety at (724) 430-4213 or visit [www.psufayettenlw.org](http://www.psufayettenlw.org). (Courtesy of the 14th Mission Support Squadron)

**(Editor's note: Release of this information does not represent official views of or endorsement by the U.S. government, Department of Defense or Department of the Air Force.)**


In Service Recruiter

In service recruiter Master Sgt. Demetra Nickerson will be at Columbus AFB Thursday and Sept. 29. All Airmen accepted for the voluntary separation program will be scheduled for an appointment with the recruiter by the military personnel flight separations office. Sergeant Nickerson will also be available to talk with Airmen interested in the Palace Chase, Palace Front and Force Shaping programs. For more information, contact Airman 1st Class Desmond Boyd or 2nd Lt. Kathleen Thurber at Ext. 2600.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 33 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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## In Focus

**Michael Meggs**  
14th Medical Operations  
Squadron



**Job Title:** Administrative assistant to the 14th MDOS commander  
**Time at Columbus AFB:** 9 years  
**Total Government Service:** 9 years  
**Hometown:** Aberdeen, Miss.  
**Family:** Wife Terri, son Mike, and daughters Amber and Alisha  
**Favorite Musical Artist:** The late Johnny Cash  
**Favorite Movie:** "The Christmas Story" drives my family crazy  
**Pet Peeve:** Leaving the lights on when no one's in the room  
**Bedside Book:** The Bible  
**Inspirations:** Jesus Christ, my mom and my father-in-law  
**Personal Motto:** Keep Looking Up

# Air Force issues 'super CAC's

Federal security upgrades call for new 'universal' ID

**Gerry J. Gilmore**  
American Forces Press Service

**WASHINGTON** — New identification cards to be issued to Defense Department employees beginning next month will help standardize workforce identification and security access systems across the government, a senior Defense Department official said here Sept. 15.

The new common access card eventually will be issued to all federal employees and is part of a standardized, secure credentialing system that was mandated after the Sept. 11, 2001, terrorist attacks, Mary Dixon, deputy director of the Defense Manpower Data Center in Arlington, Va., said.

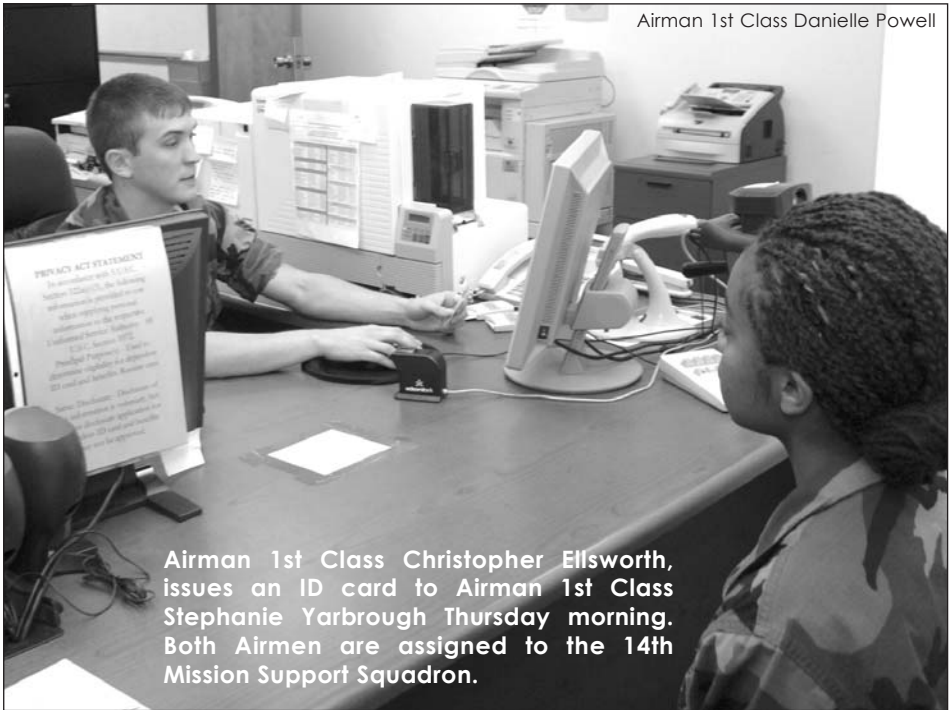
Starting Oct. 27, the new "super CAC" ID cards will be issued to employees over the next three years as the old cards reach their expiration dates, she said.

The new cards interface with a secure, encrypted credentialing database and are interoperable for personal identification as well as access to federal buildings and facilities, she said.

However, each facility will still determine who is authorized access, Ms. Dixon said. Information embedded on the cards is quickly referenced and compared to centrally stored personnel security clearance data, she said.

"It is an effort to try to improve the security in the federal government," Ms. Dixon explained.

The new cards also help employees



Airman 1st Class Christopher Ellsworth, issues an ID card to Airman 1st Class Stephanie Yarbrough Thursday morning. Both Airmen are assigned to the 14th Mission Support Squadron.

secure their computer networks, she said, as well as provide improved security for federal buildings, military installations and campuses.

"So, I can use this card, not just in the Department of Defense, but it can be read in other agencies," Ms. Dixon said. "If they choose to give me access, they can then read my card," she said.

The new card features the user's photograph, like other cards now in circulation, Ms. Dixon said. But its computer chip also will contain two encrypted fingerprints, as well as a unique personal identification number.

The new card can be read, either by swiping it or by waving it near a special card reader, she said.

Issuance of the new card has the potential of reducing the number of agency

security badges, Ms. Dixon said, because federal agencies will refer to a standardized credentialing system. However, agency security administrators still have the authority to approve or deny access.

"The card, on its own, does not entitle you to any access to anything," Ms. Dixon explained. "It is an authentication token."

"Every time you use the card, it is authenticated, meaning somebody checks to make sure that that card is a 'good' card issued in the Department of Defense to you, and that it is still valid," Ms. Dixon said.

As always, employees who believe their government-issued ID card has been lost or stolen are required to notify security administrators, Ms. Dixon said, who then deactivate the card.

This ensures that cards reported stolen or missing can't be used in DOD, she said.

## Fire Safety Starts at Home



### If a fire should occur in your home:

- ❑ Get out of the house. Familiarize yourself with at least two exit routes, such as a door and a window.
- ❑ Establish a central meeting place for those in your household to count heads and not worry if someone is left behind.
- ❑ Immediately phone the fire department from a neighbor's home.
- ❑ Do not go back inside for any reason.

Parents should practice fire evacuation plans monthly with their children and should change the batteries in the smoke detector at least once a year, although it is recommended to change them with clocks during daylight savings time. Smoke detectors should also be changed every 10 years.

## 14th FTW Photo

All on-duty BLAZE Team members must report to the flightline behind the BLAZE Hangar at 8:30 a.m. Thursday for a maximum effort 14th Flying Training Wing group photo. All off-duty BLAZE Team members are highly encouraged to attend. Various group and squadron photos will be taken afterward, as well. For more information, contact 1st Lt. Mason Enright at [mason.enright@columbus.af.mil](mailto:mason.enright@columbus.af.mil).

# Trust vital to efficient military operations

**Col. T. Eugene Willett**  
14th Mission Support  
Group commander



I spent more than seven months as an advisor to an Iraqi army base commander, and I would like to share an observation with you.

As you can imagine I learned a lot about the Iraqi army, but my observation is not about the Iraqi military — it is about our military. I witnessed first hand how important trust is to our position as the most powerful military in history.

First, I want to state that I do not claim to be an expert on the Iraqi army or on Iraq in general.

My experience is limited to a place about 50 miles northeast of Baghdad where I spent my seven-month tour.

My contact with Iraqis was limited to the Iraqi soldiers, interpreters and civilians I had day-to-day contact with on and around the base.

I traveled throughout Iraq, but it was mostly in an armored vehicle; I did not have much of an opportunity to chat with the local populace. I saw most of Iraq through the windshield of my vehicle.

But, I had a very close and personal view of my

piece of Iraq — Kirkush Military Training Base.

Kirkush is an Iraqi Army basic training base not far from the Iranian border. Built in the early 1980s, it is one-third the size of Columbus AFB and has about 10,000 people living on it.

Kirkush is the home of an army training brigade tasked to produce soldiers for the new Iraqi army.

In addition, there are several tenant units on base, to include an infantry division headquarters with one of its brigades and three battalions.

The base is run by a base commander — the brigadier general I advised.

The base commander's job is very much like mine here at Columbus — mission support group commander.

He is responsible for everything involving the operation and maintenance of the base. He executes his duties with the help of his staff and base support units — about 800 troops in all.

However, he has one big handicap: he does not trust his troops. This distrust is not unique to him; it is part of the Iraqi culture.

The Iraqi hierarchy of trust appeared to be family first, tribe next, then long time friends. Strangers are

not to be trusted. The result is that delegation of authority in the military is very limited.

This lack of delegation significantly reduced the base commander's effectiveness. To his credit, he ran the base fairly well, not as efficiently as he could have if he trusted his troops, but as good as it could be run under the circumstances.

As you can imagine I spent a lot of time thinking about trust in our own military.

Trust is the cornerstone of everything we do in our military. I do not need to personally know a troop to trust them.

If he is in my military, I assume he is competent and trustworthy. He has my trust right from the start, because I trust in our system.

I trust that our system recruits, trains and promotes the right people.

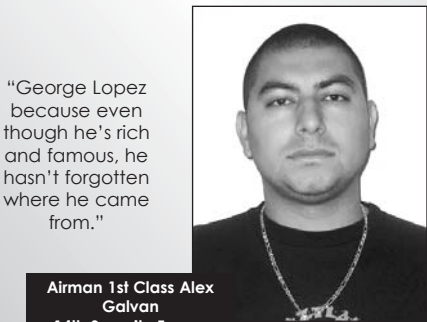
I have deployed many times in my career, and upon arriving at a location I immediately began delegating authority to troops that were total strangers to me.

But I must admit, I never thought much about it until I went to Iraq. There are many things that make us the most powerful military in the world, but one of the most significant things is trust.

## On the Street

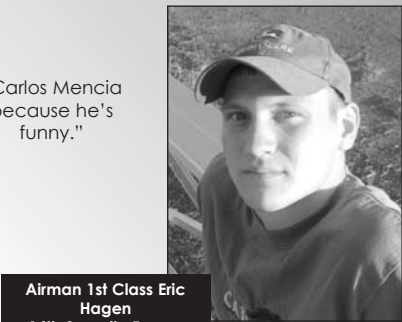
The Air Force celebrates Hispanic Heritage Month Sept. 15 through Oct. 15.

Who do you think serves as a good Hispanic role model?



Airman 1st Class Alex Galvan  
14th Security Forces Squadron

"George Lopez because even though he's rich and famous, he hasn't forgotten where he came from."



Airman 1st Class Eric Hagen  
14th Security Forces Squadron

"Carlos Mencia because he's funny."



Airman 1st Class Kyle Gould  
48th Flying Training Squadron

"Comedian Pablo Francisco because he's awesome."



Staff Sgt. Sheila Deleon  
14th Flying Training Wing Protocol

"Salma Hayek. Other actors have tried to conceal their Mexican roots but Salma continues to celebrate hers."



# Reporting Sexual Assault



There are three different methods people can use to report sexual assault.  
It's vital you know the difference!

### 1. Unrestricted

- ◆ Sexual Assault Response Coordinator is contacted and victim receives medical care
- ◆ Chain of Command, Office of Special Investigations and Law Enforcement **are notified** immediately
- ◆ Investigation initiated
- ◆ SARC Victim Advocate provides supportive services for victim
- ◆ Victim receives counseling
- ◆ No confidentiality. Commander will determine course of action in cases of bilateral misconduct after investigation

### 2. Restricted

- ◆ Sexual Assault Response Coordinator is contacted and victim receives medical care
- ◆ Chain of Command, Office of Special Investigations and Law Enforcement **are not notified**
- ◆ SARC Victim Advocate provides supportive services for victim
- ◆ Victim receives counseling
- ◆ Victim can make unrestricted reporting decisions afterward
- ◆ Victim has confidentiality even if there is bilateral misconduct on his or her part, such as underage drinking

### 3. Independent

- ◆ Third-party reporting is an inherit responsibility of all military personnel. If a victim tells anyone who subsequently notifies OSI or Law Enforcement, or if someone observes the assault and notifies Law Enforcement, an investigation may be launched. This can occur in conjunction with or regardless of restricted reporting.

If Law Enforcement is contacted, the report is automatically unrestricted.

*Call the Sexual Assault Response Coordinator at  
Office: (662) 434-2875 or (662) 434-1130 Cell: (662) 386-0811  
24/7 On-Call Hotline: (662) 364-0822*

## Variety of programs offered through Services program

**Photography contest:** All are invited to enter this base photography contest. The deadline for entries is Oct. 5. Visit the exhibit gallery at [www.airforcegallery.com](http://www.airforcegallery.com). For more information, call Ext. 7836.

**Preschool story time:** The library offers a 30-minute preschool story time at 10 a.m. Wednesdays for ages 3 to 5. Parents are asked to remain in the library during story time. Volunteer readers are always welcome. For more information, call Ext. 2934.

**Adult and youth craft classes:** The arts and crafts center offers adult classes Tuesdays and youth classes Wednesdays. Upcoming adult classes include how to make a ghost yard decoration, wooden candle holders, a swinging cat, a Tim Turkey door hanging, a wooden turkey door hanging and wooden votive holders. Youth classes include how to make a straw hat scarecrow, a clothespin indian, a peanut turkey and straw hat turkey pin, a Thanksgiving wall hanging and a lolipop turkey centerpiece. For more information, call Ext. 7836.

**Youth programs open house and dinner:** An open house and spaghetti dinner is from 6 to 8 p.m. Oct. 16 at the youth center. Information will be provided on the school age program, youth sports and instructional classes.

Cost is \$1 per person for the dinner, and there will be a family art project and other small games available. Volunteers are needed to help with set up, food service and clean up. For more information, call Ext. 2504.

**Boss and buddy night:** The Columbus Club offers an all-ranks boss and buddy night from 4 to 7 p.m. Thursdays in the Landing Lounge. A free taco bar is available for club members and nonmembers pay \$3.95. Wings are 25 cents each for club members and 50 cents for nonmembers. Beverage specials are also available. For more information, call Ext. 2490.

**Worldwide Talent Contest applications due Oct. 2:** All active-duty military may submit an application and video to the Worldwide Talent Contest — the first step to becoming a member of the Tops in Blue showcase. Applications can be found at [www.topsinblue.com](http://www.topsinblue.com) or call Tech. Sgt. James Dill at Ext. 7313.

**Parents Day Out:** The child develop-

ment center and youth center offer Parents Day Out from 9 a.m. to 3 p.m. Oct. 14. Register by Oct. 11 at the respective activity. The child development center requires a \$5 nonrefundable deposit at the time of registration. Call the child development center at Ext. 2479 or the youth center at Ext. 2405 for more information.

**Family fun and bingo night:** The Columbus Club offers this family night from 5:30 to 8 p.m. Oct. 12. There will be at least four bingo games played with prizes. The menu features spaghetti with meat sauce, tossed salad, garlic bread, assorted desserts, iced tea, lemonade and water. Cost is \$6.95 for club members and \$9.95 for nonmembers. Cost for ages 6 to 12 is \$3.95 for members and \$5.95 for nonmembers. Ages 5 and younger eat for free. For more information, call Ext. 2490.

**Steak and no-tap bowling night:** The bowling center offers no-tap bowling and dinner Oct. 20. Dinner is served at 6 p.m. and games begin at 7 p.m. Cost is \$15 per person and includes a steak dinner with choice of fries, salad and soda, three games of no tap and prize fund contribution. Registration is due by noon Oct. 18. Call Ext. 2426 for more information.

**Family Disney trip:** The Information, Ticket and Travel office offers a layaway plan for a June 2007 Disney vacation. Cost is \$825 for a family of four and includes transportation, five nights lodging at the LaQuinta Hotel on International Drive and shuttle service to and from Disney World and Universal Studios. A \$200 deposit will secure seats on the bus. Tickets to the parks are sold separately. For more information, call Ext. 7861.

**Bowling specials:** The bowling center offers cosmic bowling from 7 to 11 p.m. Fridays and Saturdays featuring black lights, loud music and strobe lights. Games are \$1.75 each.

Family bowling is from 11 a.m. to 5 p.m. Sundays at the bowling center. Games cost \$1 each during this special. Bowl for 75 cents a game from 11 a.m. to 4 p.m. Monday through Friday. Call Ext. 2426 for more information.

**Holiday travel:** The Information Ticket and Travel office offers airline

Let's go camping!



Pam Wickham

**Dennis Jewel, outdoor recreation specialist, sets up a display tent. Outdoor recreation and the information, ticket and travel office will begin operating according to winter season hours Oct. 1: 9 a.m. to 5 p.m. Monday, Tuesday, Thursday and Friday; 8 a.m. to noon Saturday; and 9 a.m. to 1 p.m. Sunday. Call Ext. 2507 for more information.**

tickets during the upcoming holiday season. People are encouraged to check with them before making reservations.

The Carnival Fantasy cruise ship leaving out of New Orleans sets sail Oct. 26 for the four to five day western Carribean cruises. Check with the ITT office for reservations. Call Ext. 7861 for more information.

**Self- help car wash:** There is a self-help car wash located behind the youth center on Ninth Street. Cost is \$1 for five minutes and customers may add a quarter for each additional minute. For more information, call Ext. 7842.

**Paintball birthday parties:** The paintball field can be reserved for birthday celebrations, grudge matches or organizational play. Cost for groups of 10 or more is \$15 per person. Groups with less than 10 people must pay \$20 per person. Cost includes range fee, marker, mask, body armor, carbon dioxide and 200 paintballs. For more information, call Ext. 2507.

**Jazz dance classes:** The youth center offers these classes for youth and adults. Cost is \$36 a month for ages 3 to 12 and \$40 a month for 13 and older. Mondays classes are from 9 to 10 a.m. for ages 3 to 4 and from 1 to 2:50 p.m. for adults. Tuesdays classes are 10:30 to 11:30 a.m.

for ages 5 to 6, 11:30 a.m. to 12:30 p.m. for ages 7 to 12 and 6 to 7:20 p.m. for adults. Wednesdays classes are from 11 a.m. to 12:30 p.m. for ages 13 to 15 and from 1:30 to 2:50 p.m. for high school students. For more information, call the youth center at Ext. 2504.

**Gymnastics, tap and ballet dance classes:** The youth center offers these new classes for youth and adults. Call Ext. 2504 for more information.

**All-you-can-eat lunch buffet:** The Columbus Club offers a different buffet from 11 a.m. to 1 p.m. Tuesday through Friday. Cost is \$5.50 per person and includes iced tea and dessert.

Tuesday's buffet includes meatloaf, Southern fried pork chops, mashed potatoes and gravy, black-eyed peas, more veggies, a garden green salad, oven baked rolls and apple pie.

Wednesday's buffet features fried chicken, smoked brisket, all the sides and homemade cobbler.

Thursday's backyard barbecue comes with pork ribs, chicken wings, corn, potato wedges, cole slaw, Texas toast and assorted puddings.

Friday's buffet features fried catfish, country fried steak with gravy, corn, cole slaw, garden green salad, hush puppies, seasoned new potatoes and assorted home baked cakes.





Senior Airman Cecilia Rodriguez

Top: Airman Jamil Fitts, 14th Medical Operations Squadron, conducts quarterly Suicide And Violence Education briefings for the entire BLAZE Team. The Life Skills Support Center provides counseling, therapy and educational programs to Air Force members and their families on topics such as stress management, anger management, assertiveness, communication skills, relationship enhancement and parenting. Airman Fitts will conduct Applied Suicide Intervention Skills Training from 7:30 a.m. to 4:30 p.m. Sept. 27 and Sept. 28 at the Chapel Annex for all BLAZE members. Call the Life Skills Support Center at Ext. 2239 to sign up.

Right: Airman 1st Class Melissa Free and Chaplain (Capt.) William Logan are among the friendly faces people will encounter at the base chapel. Chaplains are available for confidential counseling and guidance, and the chapel staff's goal is to make sure spiritual needs are met regardless of faith or practice.

# Making sense of SUICIDE

Capt. Colin Burchfield  
14th Medical Operations Squadron

The Air Force Medical Service recently proclaimed September as "Suicide Prevention Month."

Given the recent rise in active-duty suicides, the Air Force is focused on recognizing and preventing such tragic medical emergencies from occurring. According to statistics, suicide is the No. 1 medical emergency in the United States Air Force. In order to address some of the questions related to suicide prevention, The Life Skills Support Center has provided below a "quick guide" below on what to do when a person suspects someone is at risk.

**1. Ask about suicide.**Many people fear that they might say the "wrong" thing when talking with someone who is suicidal or very upset. While you are waiting for the right time or thing to say, the person may be finalizing their death. Bottom line, ask if the person is thinking about suicide.

**2. Every person is at some risk for experiencing problems based on how they handle life situations.** The key for suicide prevention is to increase protective factors and decrease risk factors. Social and family support, optimistic outlook, marriage, sense of belonging,

spiritual faith are identified as protective factors. Risk factors include relationship stress, financial stress, depression, and anger.

**3. Stress will increase the probability that difficulties will result in the development of serious behavioral or physical health problems.** Difficulty in romantic relationships, legal problems, financial issues, substance abuse, and work performance problems are the most common stressors that lead to a person contemplating suicide.

**4. Not everyone who attempts suicide dies.** Males complete suicide more often than females, but females attempt far more often than males. The most common age group for suicide completion is 17 to 24 year olds.

**5. Be aware of increased alcohol use.** Substances are often used by people to medicate their unhappiness or pain, and alcohol use increases impulsivity and reduces good decision making. Substance abuse, family violence and self-harm are frequently related. If you see problems in one area, it should alert you to ask questions about the other two areas.

**6. The duty section or unit plays an extremely important role in supporting its people.** A person's social support is commonly drawn from the friends they have at work. These relationships enable them to openly communicate

and share concerns that may lead to destructive behaviors.

**7. Suicide is a permanent solution to a temporary problem.** When someone is suicidal, they aren't thinking clearly because their ability to problem solve is reduced. They need others to help them see the alternatives. Most suicidal people don't really want to die. What they want is for their life situation to change, but do not know how to produce that change except through death.

**8. Ignoring an invitation by another person to talk about suicide will not make suicide go away.** The biggest mistake you can make is failing to take someone seriously when they talk about wanting to kill themselves or "end it all." Hiding their behavior, being judgmental, and using reverse psychology to convince individuals that they are not suicidal will likely cause them to shut down and be less likely to seek professional help.

**9. People who are experiencing suicidal thoughts often fear seeking help will impact their career.** People mistakenly believe seeking help will negatively impact their career; yet refraining to do so may negatively impact their job performance. A person cannot focus on the tasks at hand when bothered by other important aspects of their life.

**10. A person who is intent on committing suicide and has a plan to do so should never be left alone.** Do not leave this person alone for any reason. A plan must be established. Including a safe place where means of self-harm — such as firearms, pills, automobiles, knives and ropes are out of reach. Help this person access professional assistance immediately. This can be done by taking them to the Life Skills Support Center, or to an emergency room after hours.



Airman 1st Class Danielle Powell



Mark Horning, 14th Mission Support Squadron, conducts one of the many briefings available for servicemembers and their families at the Airman & Family Readiness Center. The center helps families and single military members adapt to the demands of Air Force life by designing, developing and conducting quality of life programs according to base and community needs and capabilities.

## Questions for Discussion

- 1. How can we prevent suicide?**  
Encourage individuals to deal with stress and get the right help from the Life Skills Support Center, Airman and Family Readiness Center or chaplain. Encourage communication and team-building amongst co-workers, units and sections.
- 2. How do we identify those individuals at risk for suicide?**

As a co-worker, supervisor or commander, be involved with others and willing to respond to invitations by people to talk about life's stressors. Look for "invitations" such as giving away possessions, depression or feelings of hopelessness. Notice any changes in an individual's behavior and work performance such as drinking excessively, not showing up to work or withdrawing.

- 3. What should you do if someone says he/she is suicidal, has a plan, and intends to carry out that plan?**

Do not leave this person alone for any reason. Keep them in a safe place where they cannot harm themselves. They can get the help they need from the Life Skills Support Center or an emergency room after hours.

- 4. How do family members, co-workers, supervisor and friends cope after someone they know commits suicide?**

Seek professional help to cope with loss and grief. Stay connected with other individuals who experienced the same loss and encourage a sense of community. Encourage open communication among all areas in the section. Contact the Life Skills Support Center to inquire about traumatic response services for co-workers.

- 5. Where can we get more information and additional resources to look out for each other and become better Wingmen?**

There will be an Applied Suicide Intervention Skills Training (ASIST) from 7:30 a.m. to 4:30 p.m. Sept. 27 and Sept. 28 at the Chapel Annex for all BLAZE members. Call Ext. 2239 to sign up.

For more information about suicide prevention, contact any of the Integrated Delivery System agencies, such as the: Airman & Family Readiness Center at Ext. 2790; Health and Wellness Center at Ext. 2477; Chaplain at Ext. 2500; Life Skills Support Center at Ext. 2239; or visit <https://www.afms.mil/afspp>.



Airman & Family

*(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)*

Local employment

A workshop about local and base employment opportunities is at 1 p.m. every Wednesday. Call Ext. 2790 to register.

Sponsorship training

A workshop designed for all unit introduction monitors is at 9 a.m. Tuesday. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Chapel Schedule

Jeremiah People

This young group of Christian actors, singers and dancers will perform a musical comedy centered on Christ at 7 p.m. Oct. 12 at the graduation center. Admission is free. A "love offering" will be taken at the event. For more information, call 329-7518.

Harvest Fest

The chapel will sponsor an old fashioned harvest fest is from 5 to 8 p.m. Oct. 31 at Freedom Park. The event will feature jumping castles, hot dogs and chili, a marshmallow roast, children's games, an adult scavenger hunt and more. For more information, call Denise Bowlan at Ext. 2500.

Catholic

Sunday:  
4:30 p.m. — Sacrament of Reconciliation  
4:30 p.m. — Catholic Religious Education  
5:30 p.m. — Mass  
Thursday:  
5 p.m. — Choir practice

Protestant

Sunday:  
9 a.m. — Contemporary Worship Service  
9 a.m. — Traditional Religious Education  
10:45 a.m. — Traditional Worship Service  
10: 45 a.m. — Contemporary Bible Study  
Wednesday:  
5 p.m. — Pot luck fellowship  
6 p.m. — Pioneer Clubs  
6 p.m. — "The Parables of Christ" video study  
6 p.m. — "The Pursuit of Holiness" navigator study  
7:15 p.m. — Choir practice

For more information on other services and chapel programs, call the chapel office at Ext. 2500.

Base Notes

Host families needed

The Kiev Symphony Orchestra and Chorus will perform at 7 p.m. Oct. 12 at Rent Auditorium on the Mississippi University for Women campus.

This internationally renowned symphony consists of 160 Ukranians in need of host family housing for Oct. 12 and Oct. 13.

Any family willing to host will receive complimentary tickets to the concert. The musicians are kept in pairs, and at least one person from each pair speaks English.

Host families are asked to meet the pre-assigned guests after the concert, take them home for the night and bring them back to the concert site at 8 a.m. Oct. 13.

They will perform two concerts for local schools that day, should be picked up from the MUW campus at 6 p.m., and brought back to the college campus the morning of Oct. 14.

More than 40 host homes are still needed. For more information or to volunteer,

contact Denise Sandifer at 356-9205 or sandiferfam@bellsouth.net.

MSU online MBA program

A representative from the Mississippi State University online Masters of Business Administration program will be available for advising from:

9 a.m.-noon	Wednesday
9 a.m.-noon	Oct. 6
9 a.m.-noon	Oct. 18
1-4 p.m.	Oct. 24

The MSU advisor's office is located in the Education Services Flight, Building 916, Room 13. To schedule an appointment, call Ext. 2562.

Commissary holiday hours

Starting in October, the Columbus AFB commissary will implement a new holiday schedule. The commissary will be closed on the Tuesday following Columbus Day, Christmas, New Year's Day, Martin Luther King Day, Presidents Day, Memorial Day and Labor Day. The commissary will be closed on Thanksgiving and the 4th of July, but will be open on Veterans Day. For more information, call store director Paula Lewis at 434-7109, Ext. 4212.

Daily Grind hours

The Daily Grind coffee shop hours of operation are now 6 a.m. to 2 p.m. weekdays. The Daily Grind is closed weekends.

New recycling effort

Centralized Office Supply LLC has agreed to purchase used cell phones and empty inkjet and toner cartridges from the base recycling center. The Columbus AFB recycling team has delivered 1,000 prepaid envelopes to all military family housing residents. Once a family has an empty inkjet or toner cartridge or used cell phone, they can simply drop the postage paid envelope in the mail. For more information, call Ext. 7724.

Service station closure

The military service station facility will be closed from 8 to 11 a.m. Sept. 30 for all organizations that are required to use MUR or LS2 for government vehicles. The Fuels Management Flight must close out all transactions for the end of the fiscal year. For more information, call Ext. 7245, 7253 or 7254.

No e-mails for providers

The 14th Medical Group providers and nurses have recently received e-mails from patients in need of medical attention. Patients are asked to please refrain from

doing so. Often times, the staff does not check their e-mail until the end of the day, making them unable to quickly respond to urgent matters. Patients with needs — urgent or routine — should call 434-CARE (2273) instead of e-mailing their Primary Care Manager.

Testing schedule

The Education Services Flight offers testing services promptly at 8 a.m. and 1 p.m. Tuesdays and Thursdays. Regular testing sessions include CLEP, DANTES, Excelsior, PME, CDC, college tests for distance learning courses and other distance learning exams. Distance learning students in college programs must schedule testing directly with the education flight, as testing is not scheduled through school contacts. The flight will proctor college exams up to three hours long. For questions or to schedule a testing appointment, call Ext. 2562.

Fire Prevention Week

Columbus AFB will celebrate National Fire Prevention Week Oct. 8 through Oct. 14. This year's theme is "Prevent Cooking Fires. Watch What You Heat." The campaign will kick off with a parade at 5 p.m. Oct. 7 beginning in Capitol Village and ending in the Magnolia Housing area. The Columbus AFB Fire Department will also conduct tours of the fire station Monday through Friday, beginning at 8 a.m. and ending at 3 p.m. daily. Children will receive their own fire hats, see Sparky the Firedog and experience a variety of hands-on displays. For more information, call Ext. 2269.

Household goods claims

The Air Force has consolidated Travel Management Office claims functions. The new Air Force Claims Service Center is scheduled to start processing claims in October. The center will begin absorbing functions from installations month by month, with an estimated completion time of January 2007. Afterward, local offices will no longer process claims for personal property shipments.

An "Air Force Claims Service Center" link has been added to the AFMOVE Web site (http://afmove.hq.af.mil) under "Claims." There, people can file claims online and receive other valuable information. The Web site also includes useful information for those making a permanent change of station or separating from the Air Force. For questions or more information, call the Travel Management Office at Ext. 2685, the base legal office at Ext. 7030 or Mary Ann Shows, 14th Logistics Readiness Division director, at Ext. 7160.

**Native American Dance & Crafts Festival:** This festival honors Native Americans in DeSoto Caverns Park Saturday and Sunday in Childersburg, Ala. For more information, call (256) 378-7252 or visit http://www.DeSotoCavernsPark.com.

**Wing Dang Doodle Festival:** This festival features chicken and blues music Saturday in Forest, Miss.

There will be a chicken wings cook off, arts and crafts, talent show, car show, live entertainment, art demonstrations, pet show, pet parade and children's activities. For more information, call (601) 469-4332 or visit http://www.forestms.com/.

**Sugarland concert:** Live concert Saturday in Choctaw, Miss., at the Pearl River Resort featuring hits like "Baby Girl," "Make Me Believe" and "Down in Mississippi (Up to No Good)." For more information, call (866)-44PEARL or visit http://www.pearlriverresort.com.

**Free class:** A free landscape design class is at 1:30 p.m. Tuesday at the Mississippi State Extension Office in Tupelo, Miss. For more information, call (662) 566-9042.

**Antique Roadshow:** Celia Fleishhacker will appraise and share her knowledge about antiques at the GumTree Museum of Art in Tupelo, Miss, Thursday. There is a fee required. For more information, call (662) 844-2787.

**Silver Brown Dance Company:** The company was founded in 1998 and has performed throughout the United States, Canada, Argentina, Isreal and France. This dance company will perform Sept. 29 and Sept. 30 in Brimingham, Ala. For more information, call (205) 251-1228 or visit http://www.virginiasamfordtheatre.org.

**Memphis Grizzlies Military Appreciation:** The Memphis Grizzlies will salute the military services at 7 p.m Nov. 3 at the FedEx Forum in Memphis, Tenn, when they will host the Charlotte Bobcats. The Marine

Silent Drill Team and the Navy Band Mid-South will perform. The NSA Mid-South Athletic Office is hosting a interservice 2-Ball Championship to be held among the services. Each team will consist of one male and one female participant. For more information, call (901) 874-5159.

**After-school camp:** Kaboodles in the Columbus Brickerton shopping center offers an after-school camp from 3:30 to 5 p.m. every Tuesday in October. Cost is \$75. Projects include coil, pinch and slab clay work, a mosaic frame and painted ceramic ornament. Space is limited, and snacks will be provided. Call 244-5900 to register.

**Christmas parade participants needed:** The Pilot Club of Columbus is in search of interested participants for the Columbus Christmas Parade Dec. 4. This years theme is "A Christmas Remembered."

For a copy of the parade rules, an entry form or for more information, call 328-8369 or Kathy 328-9423.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

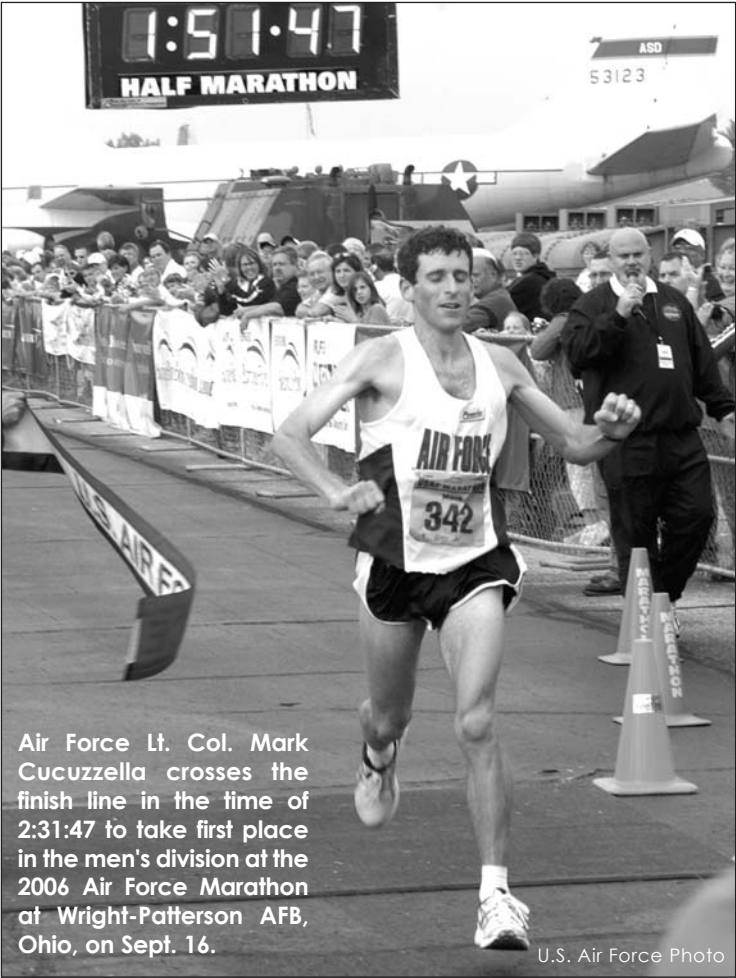
Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement					
Name					
Home Telephone #			Duty Telephone # (in case we need more information)		

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐  
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other   
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.





Air Force Lt. Col. Mark Cucuzzella crosses the finish line in the time of 2:31:47 to take first place in the men's division at the 2006 Air Force Marathon at Wright-Patterson AFB, Ohio, on Sept. 16.

U.S. Air Force Photo

# Airman, Soldier take top Air Force marathon races

**SAN ANTONIO** — An Air Force doctor and an Army helicopter crew chief won the top spots in the 10th Annual Air Force Marathon at Wright-Patterson AFB, Ohio, on Sept. 16.

The Air Force Running Team's Mark Cucuzzella crossed the finish line in 2:31:47 to win his first full marathon men's division title. Michelle Elliott won the women's division title with a time of 3:17:48.

"This is what I do for fun on my lunch hour" to keep healthy and fit, the men's winner said. The winner, a lieutenant colonel with the 89th Medical Group at Andrews AFB, Md., said he tries to gets his patients to run.

"This year, we have a pretty good team," the colonel said. The team will compete in the Marine Corps Marathon in Washington, D.C., in late October.

The women's winner said, "I was shocked that I was the first female finisher." A sergeant, she works on Apache helicopter at Whiteman AFB, Mo. She took up distance running 10 years ago, when her husband passed away.

"It kind of takes me to a different place," she said. On this race day, it took her to first place.

Additionally, participants set new wheelchair and half-marathon records.

Forty-five year old Glen Ashlock broke the old wheelchair record by more than 12 minutes, finishing in 1:47:06. Monica Szymanski won the women's division in 3:08:16.

Derrick Butler won the half marathon in 1:09:03 and Caitlin Reese won the women's division in 1:22:20.

Coming in first in the relay division was the National Guard Stars with a time of 2:35:21. Special relay participants included four Wright-Patterson 88th Air Base Wing security forces Airmen, who crossed the finish line with two of their working dogs.

Finishing up the events in the 5k race was Eric Petersen, winner of the men's division in 17:13 minutes. Female winner Gabrielle Beal finished at 21:37.

This year's event was the largest held since the event's inception in 1997. Seventy-one racers received "10-year runner" honors.

And there was even one unexpected event at the finish line.

When Marine Isaac Pacheco crossed the finish line with his girlfriend, he got down on one knee and asked her to marry him. She said yes — as spectators cheered, event organizers said. *(Courtesy of Air Force Print News Service)*



Kevin Sisson

The Columbus AFB Health and Wellness Center and Fitness Center hosted a combined event featuring a 5K, 10K, biathlon and half-marathon race Saturday.



Senior Airman Cecilia Rodriguez

Brian Caruthers, 14th Medical Operations Squadron, and Nathan Harrold, 50th Flying Training Squadron, finish strong in the half marathon event.

## Sports Shorts

### Mouth guards

Mouth guards are required for all intramural flag football season participants. Players can obtain free guards for themselves and their team members from the dental clinic. Call Senior Airman Christine Mounts at Ext. 2250 with the number of guards needed before pick up.

### Tennis lessons

The youth center offers tennis lessons for ages 5 to adult. Cost is \$40 a month. For more information, call Ext. 2504.

### Youth basketball

Ages 3 to 13 can register for the upcoming basketball season at the youth center starting Saturday. Cost is \$35 per child, and the season runs Dec. 11 through Feb. 24. For more information, call the youth center at Ext. 2504.

### Bowling special

Bowling center patrons can bowl for 75 cents a game from 11 a.m. to 4 p.m. Monday through Friday. Call Ext. 2426 for more information.

### Sports club

A sports club for ages 11 to 17 meets from 6 to 8 p.m. Fridays at the youth center. For more information, call Ext. 2504.

### Cosmic bowling

The bowling center features cosmic bowling from 7 to 11 p.m. every Friday and Saturday with black lights, loud music and strobe lights. Cost is \$1.75 per game. Call Ext. 2426 for more information.

### Commanders Golf Challenge

This nine-hole, four-person scramble begins with a 9 a.m. shotgun start Oct. 6 at Whispering Pines Golf Course. Commanders, vice commanders or honorary commanders must be a part of each team. Entry is \$15 per player plus greens fees. This includes a prize fund contribution and lunch after the tournament. Golf carts cost extra and are reserved on a first come, first served basis. Call Ext. 7932 for more information.

### 3-Lady Golf Scramble

The 5th Annual 3-Lady Golf Scramble begins with a 7 a.m. and 1 p.m. shotgun start Oct. 7 at Whispering Pines Golf Course. Entry is \$150 per team and includes greens fees, a prize fund contribution, golf cart, \$10,000 hole-in-one prize, closest-to-the-pin and longest-drive prizes, tee prizes, dinner and Monte Carlo games with prizes at the Columbus Club. Players must register by Oct. 1 at the golf pro shop. Call Ext. 7932 for more information.

### Fitness 101

This monthly class teaches participants how to use the machines in the fitness center from 9 to 11 a.m. Oct. 12. For more information, call Ext. 2772.

### Friday the 13th fun run

This month's fun run begins at 7 a.m. Oct. 13 in front of the fitness center. Participants have the option of walking a 1.5-mile course or running a 5K course. The event is family and dog friendly. Call Ext. 2772 for more information.

### Flag football clinic

A free flag football clinic for youth is from 10 a.m. to 1 p.m. Oct. 14 at the soccer field located next to the Columbus Club. Ages 7 to 13 are invited to attend. Parents must register children by Oct. 13 at the youth center. Call Ext. 2504 for more information.

### Family bowling dollar days

This event is from 11 a.m. to 5 p.m. Sundays at the bowling center. Games are \$1 each and shoe rental is \$1. For more information, call Ext. 2426.

### CLRA soccer referees

The Columbus Lowndes Recreation Authority is in need of soccer referees to officiate CLRA youth soccer games. The pay scale ranges from \$11 to \$18 a game. For more information, call Greg Lewis at 327-4935 or 251-4016; or Melissa Hamilton at 327-3760.

### Perimeter Road water jugs

The 14th Services Division has placed water jugs every 1.5 miles around Perimeter Road for the convenience of BLAZE Team runners. The jugs are refilled every day, Monday through Friday.



Senior Airman Cecilia Rodriguez

Right: Twenty-three-year-old Allison Flaherty was the top female finisher for her age group in the 10K race.



James Dowell, 14th Mission Support Group, was among the 60 athletes and 20 volunteers from the base and city of Columbus to participate in the BLAZE Race Saturday morning.

Kevin Sisson